



My diabetes plan for natural disasters

Stress in a natural disaster or emergency can raise or lower your blood glucose level. There may be no medication or food available, and no way of getting medical help. Having a plan and being ready for natural disasters reduces the risk of diabetes-related emergencies and life-threatening situations.

This plan can help you to manage your diabetes before, during, and after a natural disaster. It also lists important things to put in a diabetes emergency kit. Keep this plan and your emergency kit together in a safe place and keep them up to date.

Emergency kit checklist

Prepare a portable and waterproof diabetes emergency kit to take with you if you need to leave at short notice.

Your emergency kit should contain the following:

Important documents

- A list of your medical and surgery history
- An up-to-date letter from your doctor or diabetes health professional about how you manage your diabetes
- A copy of your sick day action plan
- A copy of your photo ID
- A copy of this completed plan

Update this plan every year or if there are any changes to how you manage your diabetes.

Medications

- A 14-day supply of diabetes medications (such as diabetes tablets, insulin and non-insulin injectables)
- A 14-day supply of any other prescription medications
- Non-prescription medicines such as aspirin, paracetamol, antacid, vitamins, or any others that you buy over-the-counter

Remember, any medication that needs to be refrigerated, such as insulin, will need to be added to your kit just before you leave home.

Diabetes supplies

The supplies you need will depend on your type of diabetes and how it is managed. Discuss this with your health professionals. These may include:

- A 14-day supply of your insulin pens, needles or syringes
- Blood glucose meter with extra batteries, monitoring strips (in original packaging), lancets and lancing device
- Continuous or flash glucose monitoring supplies
- Empty sharps container

- Urine or blood ketone strips (in original packaging)
- Hypoglycaemia treatments such as glucose tablets or glucose gel, jellybeans or cans of sweet soft drink
- A glucagon kit (GlucaGen®)
- A supply of non-perishable carbohydrate foods such as crackers, muesli bars, canned fruit and long-life milk drinks
- Cotton balls and tissues
- A pen and a notebook to record blood glucose levels
- A cooler bag with 4 refreezable cool packs or a cooling wallet e.g. Frio® or Glucology

Check the expiry dates of all of your medications and supplies every 3 months, and replace items as needed.

Additional items for those on insulin pump therapy

- A list of insulin pump settings and passwords
- Insulin pump infusion sets and reservoirs or pods
- A 14-day supply of insulin pens, needles or syringes plus insulin (or your prescription) in case you cannot use your pump
- Spare insulin pump batteries

If you are using an **insulin pump, continuous or flash glucose monitoring**, talk to your health professionals about what to pack. Some of these supplies may have product limits or short expiry dates. These may need to be added to your kit just before you leave home.

Other important items for your emergency kit

- A 3-day supply of bottled water per person
- Torch and extra batteries
- Lighter and candles
- Battery-powered radio
- First aid kit
- Whistle
- Spare socks
- Mobile phone charger
- Battery pack/powerbank
- Protective clothing
- Heavy-duty gloves
- Protective eyewear
- Sturdy closed-in shoes
- Toiletries

Use this plan in addition to information about what to pack from your state or territory fire and emergency services.

Your details

| | |
|------------------|--|
| Name | |
| Address | |
| Telephone | |
| Mobile phone | |
| Email | |
| Medicare number | |
| NDSS number | |
| Health insurance | |
| Type of diabetes | |

Useful contacts

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|-------------------------------------|--|
| Your GP | |
| Telephone | |
| Pharmacist | |
| Telephone | |
| Local hospital | |
| Telephone | |
| Diabetes educator | |
| Telephone | |
| Endocrinologist | |
| Telephone | |
| Other diabetes health professionals | |

Personal contacts

| | |
|--------------|--|
| Name | |
| Relationship | |
| Telephone | |
| Name | |
| Relationship | |
| Telephone | |
| Name | |
| Relationship | |
| Telephone | |

Diet and nutrition

List any special dietary requirements here.

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Allergies and symptoms

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Medications

List all your current prescription medications

| Medication name and strength | When do you take this? | How much do you take each time? | Last updated |
|------------------------------|------------------------|---------------------------------|--------------|
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Helpful contacts

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| Emergency | 000 | Police Assistance Line | 13 14 44 |
| SES | 132 500 | Red Cross | redcross.org.au |
| Healthdirect Australia | 1800 022 222 | Crimestoppers | 1800 333 000 |
| Lifeline | 13 11 14 | Translating and Interpreting Service | 13 14 50 |
| NDSS Helpline | 1800 637 700 | | |

Find this resource at ndss.com.au/naturaldisasters

This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professionals.